



Week of Nov. 26 – Dec. 2, 2008

## **Easing deployment stress through personal and family readiness**

There is a very direct link between mission readiness—each base's ability to fight and win—and personal and family readiness. Deployment and temporary duty requirements result in increased family separations, and additional family care planning for single parents, dual working families with children, and individuals and families struggling with debt. Airmen with financial, family or other personal concerns may struggle to perform their duties at 100 percent efficiency at home station or abroad.

The Airman and Family Readiness Center helps equip Airmen and their families with the skills they need to deal with the unique demands of military life. The A&FRC offers education and support programs for both military and family members during deployments.

Some of the A&FRC's typical support programs and services follow:

- Mandatory pre-deployment briefings and information for military members deploying for more than 30 days. Families are strongly encouraged to attend
- Deployment information guides and other tools that provide answers to a multitude of deployment-related issues and support groups for spouses during period of deployment
- Programs and information for children
- A number of programs sponsored by Air Force Aid to include minor vehicle maintenance and child care programs
- Morale calls, e-mail and video phone connectivity between military member and family
- Family Life skills classes on a wide number of subjects
- Return and reunion briefings and information and much more

For more information on these or other A&FRC programs, contact your local A&FRC

Find Airman's Roll Call Online Here: <http://www.af.mil/library/viewpoints/>

*Airman's Roll Call is designed for supervisors at all levels to help keep Airmen informed on current issues, clear up confusion, dispel rumors, and provide additional face-to-face communication between supervisors and their teams.*